

Subject matter: Preparatory training of swimming with mentally handicapped children

Objectives: The main goal of this research work is to outline and to check suitable didactic methods during preparatory swimming training lessons with mentally handicapped children. The analysis of specialized literature and the realization of experimental education make defining of informations and analysing of practical experience through the recommending-form for practical use possible.

Method: The research work will observe abilities and swimming skills of mentally handicapped children during preparatory swimming classes. Method of qualitative, direct and participating observation will be used. Data will be collected in form of social survey with parents, casuistry and interviews with experimentee. At the same time further data will be gained with help of questionnaires for pedagogical workers. We will also use a method of evaluation, practical testing and scaling.

Results: The research worked has proved that it always depends on the character, extent of handicap and on momentary mental condition of the individual. Preparatory swimming training with mentally handicapped children is time consuming and can take several years. The most important steps during preparatory swimming classes are adaptation to water, learning how to breathe during swimming and swimming positions. Individual approach is necessary in most cases.

Key words: preparatory swimming training/lessons, adaptation, swimming breathing, swimming positions, mental disorders/handicap